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# issue 377// 20 October - 02 November 2017 // Every fortnight

**YOUNG MAYOR 2017** The voice of youth Newham's Young Mayor (p8)

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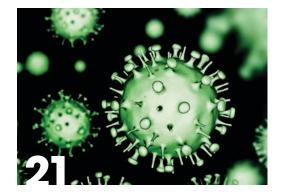


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# News

# Setting the gold standard in lettings

Newham Council has published the UK's first ever ratings scheme for letting agents which aims to protect residents and landlords from cowboy businesses.

Newham has published an individual zero to 5 star rating for each those agent registered in the borough. A five star rating is only awarded to letting agents who deliver a gold standard service to their customers and tenants, and comply with all regulations. The ratings are available to view on Newham Council's website.

As a precursor to this scheme, the council undertook an audit of every letting agent in the borough over a two year period. The Fair Lettings Project identified which agents have failed to refund deposits, pass on rental income, charged unjustified and astronomical fees or failed to address complaints.

As a result of this work, there has been a 44 per cent increase in the number of letting agents who are now complying with regulations, rising to almost 79 per cent.

One East Ham agent, McDowalls, has become the first in the borough, and one of the first in the country, to scrap tenant fees, so has been awarded a full five star rating – the only five star agent on the list.

Mayor Sir Robin Wales said: "We are stepping in to help protect residents from businesses and individuals who exploit extreme demand in the property market to rip off and overcharge. This initiative aims to drive up the quality of homes for rent in the borough, and increase the professionalism of those

who work in the industry."

Chris Baker of McDowalls Surveyors Limited, added: "I'm proud to be the first agent in Newham to achieve a five star rating and I'd encourage the Government to make good its promise to make all agents drop fees for tenants, so we are all on a level playing field."

To view the ratings of the borough's letting agents visit: **www.newham.gov. uk/lettingagentsratingscheme** 



Mayor Sir Robin Wales congratulates Chris Baker of McDowalls for achieving a five star rating

## Scores on the doors for letting agents

# News

## County cricket champions are applauded

Deputy Mayor (statutory) Councillor Ken Clark and Councillor Forhad Hussain, Cabinet member for sport and leisure, were invited to help celebrate Essex winning the 2017 County Cricket Championship.

The councillors accompanied Essex players as they showed the championship trophy to West Ham United fans at half-time in the match with Swansea City at the London Stadium.

Newham Council has a partnership strategy with the county champions to promote the borough as a cricket hub. New facilities and activities are being developed and the club will host coaching sessions in schools. Residents will also get the chance to see Essex matches for free at the club's base in Chelmsford.

Councillor Clark said: "Both Newham Council and Essex Cricket are determined to make our borough the cricket capital of East London. We hope that Essex winning the County Championship will inspire many to get involved with the game at all levels."



Cllrs Clark and Hussain with the players and trophy

## Signing up to Community Toilet Scheme



Zulfikar Somji (left) and Dinesh Sohunjay (right) with Cllr Pat Murphy (centre)

McDonald's in High Street North, East Ham has become the first business to sign up for Newham Council's new Community Toilet Scheme.

The scheme, which encourages businesses to open their toilet facilities for public use, in return for a small grant for cleaning and upkeep, will replace four existing toilet blocks which are coming to the end of their contracts.

Councillor Patrick Murphy, mayoral adviser on the environment, said: "It's great that a big chain like McDonald's is participating in our scheme, and I look forward to welcoming more restaurants and businesses. Community toilets will allow the council to save money, at the same time as improving the access to public toilets for residents."

Franchise owner of the High Street North McDonald's, Zulfikar Somji said: "We are proud to be the first to sign up to this scheme which will provide a valuable service to the people of Newham. I would encourage other businesses in the borough to join up."

### Residents can look forward to seeing Essex play

#### ...in brief

#### Reading volunteers' efforts recognised

Young volunteers who gave up their time during the summer holidays to support younger readers across the borough's libraries were awarded certificates for their efforts.

More than 200 young volunteers stepped up to take part in Newham Council's Summer Reading Challenge to help younger readers and become positive role models for them. It was the first time that Newham Council has recruited volunteers, called Reading



Cllr Clark with the young volunteers

Hackers, to support its reading challenge.

Staff from libraries in the borough thanked the volunteers, 80 per cent of whom were from Plashet, Sarah Bonnell, St Angela's and St Bonaventure's schools. Councillor Ken Clark, Deputy Mayor (statutory) and Cabinet member for building communities, thanked the youngsters for supporting the reading project and paid tribute to their commitment to their community at a celebratory event held at Newham Town Hall. It was also supported by the Beckton branch of Tesco which provided catering.

#### Your views on rules for dogs

Newham Council is considering making a Public Spaces Protection Order (PSPO) to enforce dog management restrictions. The order aims to make the borough a safer place by cracking down on anti-social issues and problems relating to dogs, and encouraging responsible dog ownership.

The proposed PSPO would replace the current Dog Control Orders (DCOs), and would be in effect for three years. The PSPO would allow authorised officers to enforce against anyone breaching the conditions of the order. This includes dog fouling, allowing dogs off their leads outside agreed areas, and failing to keep dogs out of exclusion zones such as children's play areas.

Some conditions are proposed to apply to public spaces borough wide, with others coming into effect in specific areas. A breach of the order would result in an Fixed Penalty Notice (FPN) of £100.

Residents can find out more and respond to the consultation at **www.newham. gov.uk/dogconsultation** until 6 November.

#### Green Street festival

Residents are invited to take part in a celebratory afternoon of free activities and entertainment at the Green Street Festival in Queen's Market, Upton Park, on Wednesday, 25 October, from 12.30 to 5pm.

There will be a dedicated children's entertainment area and the event will feature family fun activities that will include: creative learning and making workshops, music and dance performances, international food, sports and outdoor games and an exhibition of the local area.

For more information contact Newham Council's Green Street Community Neighbourhood team on 020 3373 0857 or email **CN.GreenStreet@newham.gov.uk** 

#### Protection from cyber fraud

Newham Council's Community Neighbourhood Link Workers have teamed up with Barclays Bank to host an event to increase awareness of and protect residents from cyber fraud.

Come along for tips on:

- staying safe online
- recognising different fraud scenarios
- protecting your personal and security information
- what to do if you are a victim of fraud. The event takes place on Thursday,
  26 October, from 10am until 12noon at East Ham Customer Service Centre and Library, 328 Barking Road, East Ham.

To book a place or for more information, email **Zakir.Adam@newham.gov.uk** or call 020 3373 8323 / 07812 675 213.

## Have your say on protection order plan

# Mayor's view

# We can sort the housing crisis

So Prime Minister Theresa May has recognised at last that we are living in a broken housing market. She has however failed to present a tangible fix.

Sajid Javid, Secretary of State for Communities and Local Government, recently admitted that the Government has failed to tackle the housing crisis. His answer? Launch a review. That's no good however to almost half of Newham residents who rely on renting in the private sector.

In Newham, we have a scheme which is already protecting residents from the worst excesses of the broken housing market. Our private sector licensing scheme has already seen 28 of the worst criminal landlords banned, and 1,215 prosecutions launched – and that represents 70 per cent of all prosecutions in London. Despite its success we must wait for the Government to renew our scheme.

The Prime Minister also announced £2 billion investment into affordable housing, but the housing charity Shelter said it represented "only a fraction of the long-term investment required".

The £2bn announced by the Government will provide around 25,000 social homes to deal with the 1.2 million households on a waiting list. With around half the homes expected to go to London, this barely scratches the surface of the issue, and we are already determined to reach that level on our own.

Our affordable housing company, launched in March, will deliver thousands of homes for residents to rent at a level that suits their income. The first 200 homes in this scheme will be part of the historic Boleyn Ground development in Upton Park and will be available soon. We have done this with no help from the Government.

To truly tackle the housing crisis the Government must improve its ambition, provide the funds to councils to build council houses, and give councils greater powers to licence the private rented sector to tackle criminal private landlords.



Launching our affordable housing company at the Boleyn Ground in March with Deputy Mayor (statutory) Councillor Ken Clark, right, and James Murray, London's Deputy Mayor for housing and residential development



## Youth will be heard

The snap General Election earlier this year held many surprises, one of which was the incredible surge in turn-out from young people.

Frustrated about their prospects compared to their parents and grandparents, with lower wages and higher bills, young people used the ballot box at the election to voice their anger.

However, the potential for change always seems played down with local government. The Electoral Commission has warned that young people aren't engaging with local elections. The role that local councils can play in housing, education and job growth is not always clear.

Nationally young people feel ill-informed about local issues and local government. In Newham we like to think that connection is stronger, with our employment service Workplace finding young people jobs and our Every Child programme giving them life skills. But we go that one step further by facilitating the young voices in

our borough.

This week Tomiwa Akintunde, 14, from Kingsford Community School in Beckton was elected as Newham's 11th Young Mayor along with 20 other youth councillors to work alongside him. We say goodbye to Khadija Sethi who has been very successful and active in this role for the past year.

The Young Mayor elections drew 14,012 young people to ballot boxes in polling stations across 17 schools and colleges. It showed that if you give young people a chance to use their voice and represent themselves they jump at the opportunity. Young people care about their local area and communities, and our Young Mayor programme helps build a culture of engagement in local issues long before they are eligible to vote in the local elections at 18.

I would like to congratulate Tomiwa and the other new youth councillors. I look forward to working with them over the next year.





Newham Council is one of a handful of local authorities that runs a Young Mayor scheme, offering our young people the opportunity to get involved in issues that affect them and the chance to shape local policies. After weeks of campaigning Tomiwa Akintunde has been elected the borough's 11th Young Mayor.

"I am elated," said Tomiwa, 14, after his victory was announced at the Old Town Hall in Stratford. "I cannot describe my emotions. I thank everyone who voted for me. I thank those who supported me throughout my campaigning and helped me put out leaflets."

Tomiwa, a student at Kingsford Community School, Beckton, is looking forward to delivering his manifesto pledges. He said: "I'm looking forward to meeting new people and delivering my promises to different communities. Many young people are put down and pushed aside so me being their voice is very important and will ensure they are heard.

"I want to introduce different festivals throughout the year to promote young people's different cultures and diversity and to portray young people's talents. I also want to ensure cheaper tuition to make sure children can do well in their exams."

In the race to become the Young Mayor, a total of 14,012 votes were cast for 21 candidates at polling stations across 17 schools and colleges, representing a turnout of 79 per cent - an increase of

three per cent from last year.

Tomiwa, who received 1,387 votes, will be in office for a year. The Deputy Young Mayor is Raya Haroub from Plashet School, East Ham.

Deputy Mayor (statutory) Ken Clark said: "I am proud to support the Young Mayor and Youth Council programmes because they bring to life the ambitions and ideas of young people.

"I was impressed by all the candidates and their campaigning. I am looking forward to seeing how Tomiwa will fulfil his duty to the young people of Newham. I also thank teachers for supporting the Young Mayor election process."

o ymnewham ym\_newham



The Young Mayor, together with the Youth Council, will represent the views of young people across Newham and advise on policies that affect them. They will work closely with their schools and community neighbourhoods through school boards, school councils and youth groups. Members of the Youth Council are:

Henry Ogoli - Newham Sixth Form Collegiate Centre **Deborah Duke - Plashet School** Mooskan Gul - Plashet School

Safa Khan - Sarah Bonnell School Wameeq Shah

- St Bonaventure's Sixth Form Aida Chowdhury
- Forest Gate Community School Summayya Shah
- Brampton Manor Sixth Form

#### Mihaela Revencu

- The Cumberland School Gabrielle Aimee - London Design and **Engineering UTC** 

Gremy Anna Baby - St Angela's Ursuline School

Mekha Periakaruppan - The Royal Docks Community School

#### Siobhan O'Farrell

- Sarah Bonnell School James Halliwell

- St Bonaventure's Sixth Form

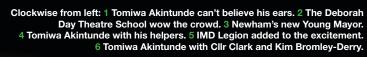
#### Sheila Nganga

- The Cumberland School **Harvey Saunders**
- Forest Gate Community School

#### Nazia Khanam

- Forest Gate Community School Hasnain Ahmed - Langdon Academy **Anum Ahmad** - Little Ilford School Raya Haroub - Plashet School Raissa Embalo - Stratford Academy

If you want to know more about the work of the Young Mayor and the Youth Council visit www.newham. gov.uk/youngmayor









# 2017 SUCKYM SUCKYM









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# GOING OFF WITH A BANG FOR GUY FAWKES NIGHT

Newham Council's Guy Fawkes night fireworks display will be back in Forest Gate on Sunday 5 November. Residents can expect a range of inspiring fireworks designed to brighten any dark night with a dazzling display accompanied by music guaranteed to please! Expect a dip into movie soundtracks, rock faves, chart-toppers, dance hits, bhangra beats and beyond.

The event will be hosted by DJ James Anthony, well known for his regular shows on WNK/Choice FM/Capital Radio and most recently Solar Radio. He will keep everyone in a dancing mood with an eclectic selection to tie in with this year's soundtrack.

The display takes place on Wanstead Flats, in Centre Road, Forest Gate, E7. Gates will open at 5.30pm followed by the display at 6.30pm. Entrance to the event is **FREE**.

Mayor Sir Robin Wales said: "We know that winter is on its way but the dark nights are an ideal opportunity for our residents to get out and enjoy Guy Fawkes night with our free fireworks display. It promises to be a memorable evening, full of dazzling sights and great music."

#### Transport and access

Entrance to the event is on Centre Road and Dames Road (no entrance from Lake House Road). There will be no public parking and only limited Blue Badge parking will be available. Please use public transport and visit **www.tfl.gov.uk** for the latest travel information.

Buses: 58, 101, 308, 330, 508 and W19 Rail: Wanstead Park and Forest Gate





#### Important event information

To ensure residents' safety and enjoyment there will be personal searches on entry to the site, so please arrive well in advance of the show starting. To allow easy access, and minimal delays, residents should avoid bringing large bags. No glass bottles or sharp objects will be permitted on site. Dogs, sparklers, personal fireworks and alcohol will also not be permitted. Anyone bringing unsealed plastic bottles or baby bottles on to the park will be asked to open them and taste the contents in front of security personnel before entering. If you are unwilling to do this, it is unlikely you will be allowed to enter. For the full Conditions of Entry to this event please visit www.newham.gov.uk/fireworks

The display will be held on soft ground and will depend on the weather. All programming is subject to change. Please check the website or social media for updates.





#### Don't miss out on your free flu jab

If you're 65 or over, pregnant, a carer, a child aged 2 to 8, or have a long term health condition, you are eligible for a free flu jab.

Don't put it off. Contact your GP, pharmacy or midwife to get the flu jab now. If your child is at school, please return your signed consent form.





nhs.uk/staywell



# HOW WILL YOU QUIT THIS STOPTOBER?

There's lots of support available to guit smoking, so talk to your local pharmacist or visit www.newham.gov.uk/stopsmoking



Search Stoptober (f) /stoptober (g) @stoptober





Sign up for email or text support at www.nhs.uk/smokefree or download the Smokefree app now.









Owning a Blue Badge is not the equivalent of winning the parking lottery – but large numbers continue to use the scheme as a "get out of parking fee free" card.

Newham Council is tackling the misuse which deprives disabled residents of easy access to shops and services. The badges, distributed by the council on medical grounds, are designed to enable people with mobility problems to lead independent and full lives.

They allow disabled residents to park for free on single yellow lines, in designated disabled bays (except in residential permit bays), in pay and display spaces and residential permit bays. But crucially, the badge owner needs to be involved in the journey when the badge is used.

Since April 2017 enforcement officers have been running an operation code-named Dasher to crack down on people using the badges illegally. Since then 54 offenders have been taken to court where they have been fined up to £1,000 and gained a criminal record.

The two main forms of offence are:

- Abuse including using a counterfeit, lost or stolen badge, or one belonging to a deceased person.
- Mis-use of genuine badges. This means using the badge when the holder is not present. Many people think (wrongly) that this is not a fraudulent use – but it is and the courts will sentence accordingly.

Councillor Forhad Hussain, Cabinet member for crime and anti-social behaviour, said: "The rules are quite clear: if the badge holder is not with you on the journey, you can't legally use it to park.

"Mis-use of a Blue Badge not only deprives a disabled person of a parking space, its fraud and this council and the courts take it extremely seriously. Don't risk it in Newham – we're determined to stamp out this abuse – and we will catch you." If you think someone is using a blue badge fraudulently, you can contact Newham Council's Fraud Hotline on 0800 0522420 or online at https://www.newham.gov.uk/Pages/Services/Fraud-investigation.aspx

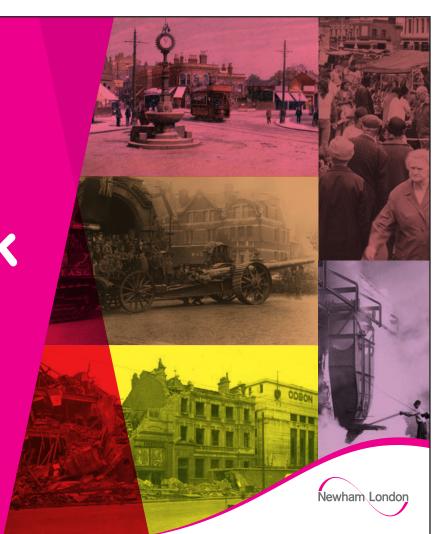


Newham Heritage Week

Saturday 21 - Sunday 29 October

Discover Newham's rich history through a week-long series of exhibitions, talks, walks and activities. There is something for everyone, with activities across the borough.

For more information please visit www.newham.gov.uk/heritageweek





Performances, spoken word, author events, debates, storytelling, visual arts and much more for all ages in different venues across Newham.





www.discover.org.uk/NewhamWordFestival17 wordfestival@discover.org.uk







# Save time when you do it online

At Newham Council we are continually making it easier for you to reach and interact with us. We have one main contact centre across the borough and a general enquiry line, but we also provide access to many of our services online so you can access them at a time that suits you.

Many services are now online only and on average we receive more than 4,600 enquiries, applications and requests online every week. You can access our services through your mobile, tablet or computer from the comfort of your home (24 hours a day).

Online you can:

- Apply for resident and visitor parking permits
- Apply for bulky and green waste collections
- Report anti-social behaviour including abandoned vehicles and fly-tips
- Apply for new or replacement bins
- Pay rent, Council Tax and other bills
- View and bid for Choice Based Lettings properties
- Check your rent, Council Tax balances and statements

- Search for and renew your library items
- Search and apply for jobs
- View applications for building and planning
- Apply for a landlord licence
- Contact Mayor Sir Robin Wales
- Check library opening times

#### Do you need help accessing online services?

If you do not have access to the internet, you can use a computer at your local library.

If you need help navigating the internet and council website, you can ask family and friends who you trust and you can also attend a 'Do It Online' session at your local library.

At libraries and contact centres, customer service assistants can help vulnerable people navigate the internet and council website but they cannot input personal information on your behalf.

Housebound residents can still get in touch through the contact centre.

For more information visit www.newham.gov.uk/doitonline





The Best Start in Life Guarantee is designed to help children become ready for school by the time they are aged five-years-old and ensure all Newham families have access to:



between 15 hours and 30 hours of free eligible childcare





programmes, workshops and sessions offering evidence-based advice and guidance to improve parenting capacity in each neighbourhood



regular stay and play sessions every week in each community neighbourhood



regular employment advice sessions in each neighbourhood





a range of family health and development sessions in each neighbourhood including antenatal support, the transition to parenthood; the early weeks of life; perinatal wellbeing; breastfeeding initiation;



healthy weight and nutrition; managing minor ailments



and reducing accidents; supporting speech and language development.

# Best Start in Life 9Uaranted

Newham Council is committed to supporting every family in the borough with young children to achieve the best possible start to their lives. That is why we launched our Best Start in Life guarantee in 2015.

The guarantee has seen a move towards a partnership model across our eight community neighbourhood areas with at least one school-led registered children's centre in each area and further provision at other community sites across the neighbourhood. The next step in the process is set to see a new wholly council-owned company called The Early Start Group Ltd being responsible for those services.

The guarantee is making sure children are ready for school by the age of five, improve child and family health and life chances and improve parenting aspirations.

A review of the programme was carried out after it's first full year of operation. It included an external assessment carried out by independent social research institute NatCEN and interviews with parents. It concluded that we have succeeded in delivering each of the five areas of the guarantee we set out to achieve.

The report states: "The Best Start in Life Guarantee was met, offering families of children aged four and under, childcare, stay and play facilities, parenting programmes,

employment advice and support and a range of health services in every neighbourhood.

"For the majority of families the full offer could be accessed within a very short distance from their home, although parents also chose to travel to access some sessions."

Mayor Sir Robin Wales said: "Newham does more to give our young people the best possible start in their lives. The report proves that the scheme has delivered what it set out to do. We know just how vital it is to invest in early years provision for children and their families. That's why we set out to offer the Best Start in Life for our youngest children.

"We are determined to ensure that we continue to provide high quality services in the heart of our communities, where they are easy to access. Our children are our future and our Best Start in Life guarantee will make a huge difference towards helping them build a solid foundation for the rest of their lives."

There are eight lead Best Start in Life centres, one located in each of our community neighbourhoods. All the centres give families access to a range of early years services that are critical to securing positive outcomes later in life, from childcare and early learning, to parenting and family support and health provision including midwifery and health visiting.





More than 5,000 primary school children have enjoyed the opportunity to see a production of The Hartlepool Monkey, as part of an initiative to give youngsters the chance to experience theatre.

Newham Council, working with Stratford Circus Arts Centre, has taken learning out of the classroom with its Every Child A Theatre Goer initiative, now in its fifth year. The scheme inspires children by introducing them to theatre - often for the first time - and helping to develop their learning within and beyond the curriculum.

Last year, all Newham primary schools with Year 6 students were given tickets to a production of Romeo and Juliet by the National Theatre, at Stratford Circus Arts Centre, giving them a chance to see world class theatre at their local arts centre. A total of 5,120 pupils and teachers attended the performances and a further 30 teachers attended bespoke professional development sessions linked to the scheme.

This year, Stratford Circus Arts Centre have teamed up with producers Fuel and puppet theatre company Gyre & Gimble to bring The Hartlepool Monkey to the borough's schoolchildren. It is a dark comedy that explored the causes and consequences of xenophobia while celebrating children's ability to overcome prejudice. It drew on the maritime myth of a monkey hanged as a French spy by the people of Hartlepool in 1814.

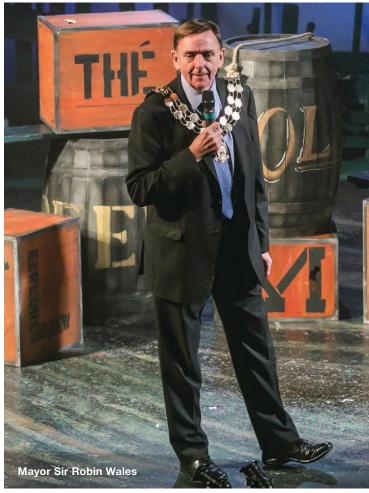
According to teachers surveyed about the scheme, it has made a significant impact over the past five years:

- 100 per cent of them reported the scheme was important and should continue
- many commented a lot of families could not afford to take children to the theatre themselves.

Mayor Sir Robin Wales said: "Every Child A Theatre Goer continues to go from strength to strength and that is in part due to amazing partners such as Stratford Circus. We have continued to develop this innovative scheme, now in its fifth year, so it always provides new learning opportunities for our pupils."

Tania Wilmer, Director of Stratford Circus Arts Centre, said:





"We were delighted to partner with the Mayor of Newham and Newham Council once again on this year's Every Child A Theatre Goer with a new show created especially for young audiences by Gyre and Gimble.

"Access to exciting, high-quality arts and culture is at the heart of our mission and the exceptional quality of this show and meaty subject matter entertained and challenged its audiences. We greatly value the contribution this scheme makes, ensuring every child in Newham has access to outstanding performance and creative learning opportunities."

Councillor Quintin Peppiatt, Cabinet member for children and young people, said: "Every Child a Theatre Goer gives our children a unique opportunity to experience live theatre, bringing people, stories and events to life in a way that nothing else can. We also know from the feedback that we have had from both pupils and teachers just what an impact the scheme has had on their learning."

For more information visit https://stratford-circus.com/creative-learning/every-child-a-theatre-goer



## Tenant and leaseholder surveys

Newham London

We are carrying out surveys with council tenants and leaseholders to hear what you think about your property, landlord and neighbourhood.

BMG, an independent research agency, will invite council tenants and leaseholders on a random basis in November and December to carry out the annual surveys on your doorstep. We will use this information to improve the services you receive.

For more information contact Thomas. Wilkinson@newham.gov.uk



Newham London



#### IS YOUR CHILD STARTING PRIMARY OR SECONDARY SCHOOL IN 2018?

**Secondary applications deadline: 31 October 2017** For children born 1 September 2006 – 31 August 2007 **Primary applications deadline: 15 January 2018** For children born 1 September 2013 – 31 August 2014

#### Apply online, to apply on time.

- It's safe and secure
- Automatically get entered into the prize draw to get help in buying your child's uniform



Flu is a highly infectious disease that anyone can catch – and can cause serious complications such as bronchitis, chest infections and pneumonia, and in some cases, even death. Getting the flu vaccine as soon as possible is one of the most effective ways to protect yourself and your family.

The vaccine is available from all GP surgeries in Newham and many pharmacies. It is free for people most at risk of developing complications including those aged 65 and over, pregnant women, carers and children aged two to eight-years-old. It is also available for everyone (including children over six months) with a long-term health condition such as asthma, diabetes, heart, kidney or liver disease or who has suffered a stroke.

Flu immunisation is very effective in children and for those aged two to eight-years-old the vaccine is given as a quick and easy nasal spray.

Councillor Clive Furness, mayoral

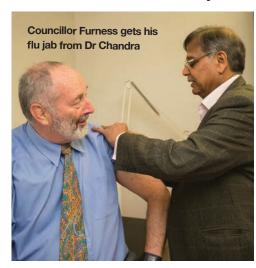
adviser for adults and health, said: "The flu jab can help to keep you healthy and is the safest way to protect yourself, and reduce the chance of it spreading to others.

"I have renewed my flu jab this year. It only takes a few seconds and could be the difference between staying healthy or becoming seriously ill."

Dr Prakash Chandra, a local GP and chair of NHS Newham Clinical Commissioning Group, said: "Even if you've had it in the past, the flu virus is constantly changing so you should have it every year to protect yourself from the newest strains."

Speak to your GP, pharmacist or

midwife to get the flu jab or for more information visit **www.nhs.uk/staywell** 





# Awards for top class school





Kensington Primary School in Manor Park has been awarded top awards for the way it teaches science and geography.

The school has received a Gold Primary Science Quality Mark from the Primary Science Teaching Trust and a Silver Quality Mark by the Primary Geography Association (PGA).

Head teacher Ben Levinson said:
"A broad curriculum is at the heart of the education we offer at Kensington. We are delighted the enthusiasm and commitment of children and our inspirational staff have been recognised with these two awards."

The science award praised the school's "passion and learning for the subject that is shared by children, staff and the wider community". The PGA praised the school, saying: "Children are encouraged to learn about the world, underpinned by activities such as looking at the journey of the food they eat, learning about other places in the world and investigating the diversity of Newham."



Students joined the Bishop of the Brentwood diocese Alan Williams for the official opening of a new sixth form study building at St Angela's Ursuline School in Forest Gate.

The new building is named Desenzano after the place in Italy where early 16th century religious educator St Angela Merici, founder of the Ursuline order of women, grew up and after who the school is named. It can accommodate 250 students and has space for independent personal study as well as access to computers.

Students, teachers, governors and Ursuline sisters welcomed the Bishop who officially blessed the building and cut a ribbon to open it.

Head teacher Mark Johnson said: "Our new Desenzano study building is already having a huge impact on the attainment of our sixth form students from across Newham. The building is a bespoke for private study and independent learning."



The commanding officers of four ships with crews representing various nations paid courtesy calls to Newham Council when they docked recently in the borough.

The Royal Navy's HMS Argyll, HMS Mersey, HMS Cattistock and the Irish Naval Service's Le Samuel Beckett were moored in the Royal Docks while visiting a week-long defence exhibition at the ExCeL exhibition centre.

Commander Toby Shaughnessy (HMS Argyll), Lieutenant Commander George Storton (HMS Mersey), Lieutenant Commander Paul Irving (HMS Cattistock), Lieutenant Commander Darragh Kirwan (Le Samuel Beckett) and senior officers visited the council's offices at Newham Dockside where they were welcomed by Councillor Bryan Collier.

Councillor Collier said: "It is a proud civic tradition of local authorities to receive the captains or commanding officers of ships both from overseas and from our own Royal Navy, when they visit the borough. It was an honour to be able to welcome them to Newham."



# Pupils oppose plans for factories

Pupils from School 21 in Stratford have been praised by Newham councillor Terence Paul for they way they presented evidence to a planning committee considering proposals for three concrete



factories on the edge of Queen Elizabeth Olympic Park.

The proposals had drawn objections from thousands of people in the area and the pupils were asked to speak at the London Legacy Development Corporation's planning committee when the applications were discussed.

They addressed the committee about the threat to air quality and said there was an inter-generational responsibility to create a green and clean community. The committee voted against building the factories.

Councillor Paul, member for Stratford and New Town ward and mayoral adviser for housing, accompanied the pupils to the committee. He said: "They had some powerful stuff to say. They put forward a compelling case. Most adults would have struggled to do what they did at the committee."



## Forest life is theme for embroidery exhibition

An exhibition is going on display of embroidery work created by Newham residents featuring wildlife from Epping Forest.

The exhibition is called Spiders and Sparrowhawks and has items created by more than 50 of the borough's embroiderers. They have been working for more than eight months with the East London Textile Arts organisation to create images of birds, insects, butterflies, fungi and other flora and fauna from the forest.

Some of the work has been photographed and made into cards, decorated papers, and printed textiles, including chiffon scarves, which will be on sale during the exhibition at Epping Forest Visitor Centre, High Beach, Nursery Road, Loughton, until the end of November.

East London Textile Arts has been providing free textile classes in Newham for more than ten years, working with different community groups on a long term basis. For information visit www.eastlondontextilearts.com



#### Tickets to Strafford Picturehouse

This issue's winner receives a free family ticket at Stratford Picturehouse, which includes a kid's popcorn and drink.

To be in with a chance of winning this prize send or email your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU or newhammag@newham.gov.uk**. Don't forget to write your full name, age, address and contact telephone number with your entry. **Good luck!** Visit **www.picturehouses.co.uk** to see what's on.



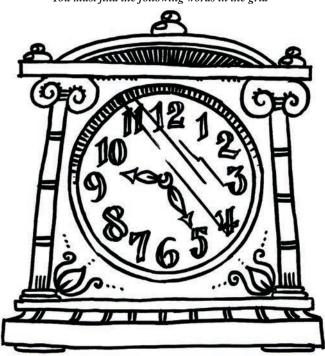
# Colour-me-in Wordsearch

## Jokes

- Q: What did 0 say to 8?
- A: Nice belt!
- Q: Where do pencils go for vacation?
- A: Pencil-vania.
- Q: Why did the girl smear peanut butter on the road?
- A: To go with the traffic jam!
- Q: What do you get when you cross a snowman and a vampire?
- A: Frostbite!
- Q: When is it bad luck to meet a black cat?
- A: When you are a mouse.
- Q: What is a scarecrow's favourite fruit?
- A: Straw-berries!
- Q: What did the boy ghost say to the girl ghost?
- A: You sure are Boo-tiful!
- Q: Why was the baby ghost sad?
- A: He wanted his mummy!
- Q: How do you make a witch itch?
- A: You take away the w!

#### Wordsearch

You must find the following words in the grid



G E A S L S E C O N D S S T S T R O K E E R G N L T H U S C E E I E R I E P H S L S A B I I T U P O I H M A I R L O L B G W L N M T S N T H I O G N I M I E A M G A A E D K G S S S G U E C U I R C N I O B S R C F E N D C O R F L U N K A E D G G F O C N A R N B T S U I I U B F L A D L L E V A R T A M R D P C T T X A B A Y C A S H A M R H E N I T R O E E E T R T E C M Y S U L E N I O T S S E N I S S E M I T A G S P G R K W L R A F S N E R E C O R D S L N E E I B S E M I M S A

Alarm Grandfather Pendulum
Chimes Hands Seconds
Clocks Hours Time
Face Minutes Travel

# rs on 4

Download our What's On app at www.newham.gov.uk/neighbourhoodevents

#### **OUR THRILLING THREE**

Haloween Party Games - A chance to get into the spooky spirit with a photo booth, face painting and many more fun activities. Tuesday, 31 October, 4-6pm, Plaistow Library, North Street, E13.

Stratford Poetry Group - Festival of the Darkness - Read, write or listen to poetry and music performance from local poets and artists. Saturday, 28 October, 2-6pm, Stratford Library, The Grove, E15.



**Dementia Cinema** - Aimed at dementia patients. Refreshments provided. Cost is £4 although carers go free. Advance booking is required for wheelchair users. Last Monday of month, 12.30pm, Stratford Picture House, Gerry Raffles Square, E15.



**PREVENTION WORKSHOP** 

**HYPERTENSION** Be a part of the community voice on hypertension (high blood pressure) prevention and help shape a local plan. Thursday, 26 October, 10am-1pm, Plaistow Library, North Street, E13.

#### **TRY SOMETHING NEW**

## 'TROUBLEMAKERS' AUTHOR EVENT

As part of our celebration of National Libraries week, Stratford Library will be hosting author Catherine Barter as we discuss all the various 'troublemakers' from history, literature and society. Friday, 27 October, 2-4pm, Stratford Library, The Grove, E15.



#### Indicates free sessions

Libraries unless stated.

#### **UNDER-FIVES**



Storytelling 😭 Mon, 10.30-11.15am, Custom

House: Tues, 10.30-11.30am, East Ham, Tues, 10.45-11.30am, Tues, 1.15-2pm, Canning Town; Tues, 10.30-11.30am; Tues, 11am-12pm, Fri, 11am-12pm, Stratford; Fri. 10.30-11.30am, Manor Park; Tues, 10.30-11.30am, The Gate; Tues, 10.30-11.15am, Thurs, 2-3pm, Plaistow; Tues, 10.30-11.15am, North Woolwich

#### Stay and Play

Support for parents and carers to develop their child through play. Sat, 11-12pm, Green St; Tues, 8.15-10.15am, Thurs, 8.15-11.15am, The Gate; Weds, 10am-12pm, Sat, 11am-1pm, Stratford

#### Reading Together

Thurs, 2.30-3pm, Custom House

#### Baby Yoga 😭



Five-week course. Register at Rebecca Cheetham Children's Centre on 020 8534 3136 Weds, 1-2pm, Stratford

Baby Rhyme Time (Up to 12mths) For babies and parents to enjoy songs, develop communication skills through sign. Weds, 12.30-1.30pm, Manor Park

#### Triple P Parenting 😭



Parenting techniques for children aged 18 months and above. Tues, 5.30-7.30pm, East Ham; Weds, 12.45-2.45pm, Manor Park

#### Sensory Storytelling

Run by St Stephen's Early Start. Fri, 1-2pm, Green St

#### **Bumps and Bundles Group**

Interactive session for parents and carers of babies under 18mths.

Mon, 10am-12pm, Stratford

Music and Movement Tues 9.30-10.15am, Plaistow

#### Bumps and Babies

For babies under 12 months Fri, 2-4pm, The Gate

#### Toy Library

Come and borrow a child's toy using their library card. Tues, 11.15am-12.15pm, Beckton Globe

#### **YOUNG PEOPLE**



#### Chatterbooks (7-12)

A new book club to inspire young children to read for pleasure. It includes fun and creative activities to encourage young children to participate and read in an interactive way. Sat, 2.30-3.30pm, Plaistow; Weds. 5-6pm. The Gate: Tues. 4-5pm, North Woolwich, Mon, 4-5pm, Custom House; Mon, 4-5pm, Canning Town, Thurs, 4-5pm, Beckton Globe; Mon, 3.30-4.30pm, Manor Park; Sat, 3-4pm, Canning Town

#### Games Club (7-16yrs)

Sony PS3, XBox360, Wii, board games and more. Tues, 3.30-5.30pm, Custom House; Weds, 3.30-5pm, The Gate; Thurs, 4-6pm, Canning Town; Thurs, 3.30-5.30pm, Plaistow

#### Arts and Craft Workshop

(6-12yrs) Sat 2-3pm, Canning Town; Sat, 2-3pm, Custom House: Sat, 1-2pm, Green St; Sat, 2-3pm, North Woolwich; Tues, 3.30-5pm, Sat, 11am-12.30pm, Plaistow; Tues, 4-5.30pm, The Gate, Tues, 4-5.30pm, The Gate

#### East Ham IT Youth Zone 😭

Support in using IT for homework and fun. Mon. 4.15-6.15pm, East Ham

#### Family Movie Club



Young People's Positive Activities (9-19vrs) Weds. Fri. 7-9pm, Harold Rd Centre

#### Lego Club

Create Lego models based on weekly themes. Sat, 3-4pm, The Gate; Sat, 2-3pm, Green St

#### The Chill Spot (11-19yrs)

Activities include table tennis, discussions, creative workshops. Mon, Weds, 3.30-6pm, Stratford

#### **Code Club (7-11)**

Scratch, Python, cartoons, websites and more. Booking required. Sat, 10-11am for beginners or 11am-12pm for improvers, Custom House, Tues, 4-5pm, Green St; Sat, 1.30-2.30pm, Beckton Globe

#### **Performing Arts Activities**

A range of dancing and singing, family arts activities. Fri, 5-7.30pm, East Ham

#### **Youth Works**

Taekwondo, Sony PS4, careers, chill zone, healthy living and other activities for ages 11 to 19. Weds, 5.30-8.30pm, Thurs, 5.30-8.30pm, Katherine Rd C.C.

#### **Homework Club**

All young people can get study support from volunteers. Age: Varies site to site Fri, 4-5pm, Beckton Globe; Mon, 3.30-5pm, Sat, 10.30am-12.30pm, Plaistow; Fri, 4-6pm, Canning Town; Fri 4-5pm, East Ham; Sat, 2-3pm, Green Street; Mon, 3.30-4.30pm, North Woolwich; Mon, 4-6pm, Stratford; Sat, 10.30am-12.30pm, The Gate

#### Science Club

Conduct experiments, watch demonstrations and record the results. For 5-12 years. Thurs, 4-5pm, The Gate

#### **Green Street Youth** Works(11-19yrs)

Drop in for activities and chill zone, Weds, 5.30-8.30pm, Thurs, 5.30-8.30pm, Katherine Rd C.C.

#### Junior Football Sports Coaching (7-12yrs)

Fri 4-6pm, Jack Cornwell C.C.

#### Introduction to Tae Kwando and self defence (4-14yrs)

Booking essential contact 020 3373 0857 or email CN.Greenstreet@newham.gov.uk Fri, 6.45-7.45pm, Green St

#### Street Dance (13-19yrs)

Learn Street Dance and develop new skills and fitness every week, Mon 4.30-5.30pm, **Plaistow** 

#### Mapping the Manor: children's workshop

Using old maps of the local area. Children will mark the map their home, trip to school and use old pictures to see what the area was like years ago. Thurs, 4-6pm, Plaistow

#### Half Term Activities

How many goose bumps or spooky books can you read to win trick or treat goody box. From 23 to 28 Oct, Plaistow

#### Craft4Me

Have family fun making and crafting with our craft4fun volunteers. Mon. 4.15-5.15pm, Beckton Globe

#### **ACTIVITIES AND SUPPORT**



#### Chess Club

Tues, 3.45-5.15pm, Beckton; Mon, 5.30-7.30pm, and Thurs, 5.30-7.30pm, East Ham; Thurs, 5.30-7.30pm, Stratford; Tues, 1-2pm (adults), 5.30-7.30pm (children), The Gate; Thurs, 5-6pm (beginners), Thurs, 6-7pm (improvers), Custom House; Weds, 5-6pm, (children), Weds, 6.30-7.30pm (adults), 5.30-6.30pm (children), Canning Town; Weds, 5.30-7.30pm, Green St; Weds, 3.30-5pm, Plaistow

#### Coffee Mornings



Mon, 11am-12.30pm, North Woolwich; Thurs, 10.45am-12pm, Canning Town; Tues, 11am-12.30pm, Custom House, Fri, 11am-12pm, Green St; Third Tues of the month. 10am-12pm, Plaistow

#### Do It Online (18yrs+)

Computer classes. Weds, 10am-12pm, Stratford; Tues, 2-3.30pm, North Woolwich; Thurs, 1.15-2.15pm, Custom House, Weds, 10am-12pm, Plaistow: Mon. 1-2.30pm. Canning Town; 1.30-2.30pm, North Woolwich; Fri, 2-3.30pm, Beckton

#### ICT Drop-in Session

Set up a My Newham profile and create an email account. Weds, 11am-1pm, The Gate

#### Life in the UK Classes



12-week course to support prospective candidates who wish to take the life in the UK test and B1. Contact 020 8542 3904 for information. Weds, 12.30-2.30pm, Fri, 10am-12pm, Plaistow; Fri, 12.30pm-2.30pm, Green St; Weds 10am-12pm, East Ham; 12-2pm, Stratford; 10am-12pm, Beckton

#### **ESOL** for Beginners

For adults seeking to improve their English. Tues, 9.30 11.30am, Weds, 9.30-11.30am, Jack Cornwell C.C.

#### Basic Computer Skills 😭



Fri, 10.30am-12.30pm, Manor Park

#### **English Conversation Club**

Practise spoken English. Mon, 6-7.30pm, Weds, 10.30-11.30am, Manor Park; Thurs, 3-4pm, Rabbits Rd Institute; Sat, 10am-12pm, Stratford; Mon, 10-11am, Jeyes C.C; Mon, 10-11am, Plaistow; Thurs, 10.30-11.30am, Sat, 2-3pm, Tues, 11.30am-12.30pm, North Woolwich, Green St

#### Stratford London **Toastmasters**

Public speaking club. First and third Mon of month, 6-8pm, Stratford

#### Docklands Drop-In Group Weds, 12.30-3pm,



Beckton C.C.

#### Poetry Group (16+)

Sat 11am-1pm, Mon. 6-7.30pm, Stratford; Weds, 6-7.30pm, East Ham; Tues, 2-3.30pm, Jack Cornwell C.C. Thurs, 6-7.30pm, Green St mail sonesquin@hotmail.com

#### International Lunch Club

£3 per meal. Mon, 12pm, Beckton C.C.

#### **Table Tennis Mondays**

Mon, 8.15am-4pm, The Gate

#### **Board Games for Adults (18+)**

Carrom Board, chess and other board games for adults. Thurs, 5.30-7.30pm, The Gate

#### Workplace Drop-Ins

Thurs, 2 Nov, 3-5pm, Manor Park; Thurs, 2 Nov, 2-5pm Custom House & Canning Town CNC; Weds, 1 Nov, 3-5pm, East Ham; Wed, 1 Nov, 2-4pm, Stratford

#### **Creative Writing and Poetry** Group (16+) Thurs, 6.30-

7.30pm, Canning Town

#### Pop In Bingo (18+)

Come and join with your local community and get ready to shout Bingo. £1 per book. Tues, 1-2pm, North Woolwich

#### Model Train Workshop

Join other enthusiasts. Mon. 1-3.30pm, North Woolwich

#### Safer Neighbourhood Drop-In

Speak to your police Safer Neighbourhood Team about crime and disorder issues. Last Thurs of the month, 10-11.30am, Custom House & Canning Town CNC; Third Mon of the month, 6-7pm, Fourth Sat of the month, 11am-12pm, East Ham CNC

#### **Book Club and Creative Writing Group**

Hosted by Vaseem Khan, author of The Baby Ganesh Detective Agency Series. Ages 15+. Tues, 6-7.30pm, Manor Park

#### **Adult Reading Groups**

Come and talk about your

favourite books and discover new writers. First Thurs of month, 6.45-7.45pm, Plaistow; Last Mon of month, 5.30-7.30pm, Forest Gate CNC, Last Tues of month, 11am, Canning Town. Third Thurs, of the month, 6.30-7.30pm, East Ham

#### **CYANA**

Cancer You Are Not Alone, Information stall/drop-in advice session. 4th Thurs of the month, 3-5pm, The Gate

#### **National Careers Service**

Find out about different careers and what qualifications or skills you require. To book an appointment contact 07415241941. 1st and 3rd Thurs of the month, Stratford

#### **Memory Lane Café**

People with dementia and their carers can come together and share experiences, exchange information and socialise. Third Weds of the month, 12-3pm, Jack Cornwell C.C.

#### Together We Can

Fortnightly social group for adults under 50 who have had a stroke. Fri, 2-4pm, Plaistow

#### **Community Cooking Project**

Join our six week cookery course, and learn to cook exciting, tasty and nutritious simple dishes. Advance booking is required. £6 for the course. Tues 10-12noon or 12.30-2.30pm, East Ham

#### Safer Neighbourhood **Drop-In**

Last Thurs of the month, 10-11.30am, Canning Town; Fourth Sat of the month, 11am-12pm, East Ham

#### ESOL Entry (16+)

Free ESOL language classes for adult learners seeking to improve their English language. Registration required through Newham Adult Learning Service ESOL Team 020 3373 0755. ESOL Pre-Entry, Mon and Thurs, 10-11.30am, ESOL

Entry 3, Tues and Fri, 9.30am-12noon, Stratford; Tues, 10am-2.30pm, Plaistow

#### **Board Games for Adults**

Come along and play board games such as Rummikub and Ticket to Ride. Thurs, 5.30-7.30pm, Forest Gate.

#### Dominoes (13+)

If you're new to domino games, or just need a brushup on the basics come along and join in. Sat, 2.30-7pm, Beckton; Wed 2-4.30pm, Mon 1.30-4.15pm, Beckton C.C; Thurs, 5.30-7.30pm, The Gate

#### Heritage Themed Coffee **Morning**

Come and discuss your heritage and how Newham got to where it is today. Tues, 24 Oct, 10am-12pm, Plaistow

#### COMMUNITY **ACTIVITIES**



#### Newham Steelpan Classes

Learn to play the steelpan. Fri, 5-6.30pm, Stratford Library

#### Newham Super Choir

All ages. Tues, 10.30am-12pm. Beckton C.C.

#### **Jazz Nights**

Monthly live music from 28 Oct featuring a range of performers. Sat, 5-7.30pm, Beckton Globe

#### Memory of Fire

Exhibition by the Floating Art and Collective. Until Fri, 27 Oct, Plaistow

#### Zombie Night



Premier of Zombie film by Flat 50 and a celebration of Halloween. Tues, 31 Oct, 6.15-8pm, Stratford

#### **BOXING AND SELF DEFENCE**



#### Boxing (Newham College)

Mon, 5-6pm, East Ham College, High St South, E6

#### Fight For Peace Boxing

Mon to Fri, 4-5pm 10-14yrs; Mon to Fri, 5-9pm, 14+yrs Woodman St, North Woolwich, E16. Call 020 7474 0054

#### **Boxing and Self Defence**

Tues, 5-6pm (16+), 4-5pm (6-11yrs), Jack Cornwell C.C.

#### West Ham Boys ABC

Mon, Weds, Fri, mixed (8-16yrs), 5-6pm, Sat, boys (6-11yrs), 10-11am, girls (7-16yrs), 11am-12pm, £2. 2 London Rd, E13. Call 020 8472 3614

#### **Martial Arts**

Learn new skills, self defence. Adults, £3. Thurs, 6-7pm, Beckton Globe

#### Bootcamp and Karate 😭



Tues, 5-6pm, Bootcamp; Thurs, 5-7pm, Karate, both at Newham College, Stratford Campus, Welfare Rd, Stratford

#### Kickboxing and Yoga

Sat, 10-11am, Katherine Rd C.C.

#### **Martial Arts**

For children aged 7 to 12 with a professional teacher. £2. Mon, 6-7.30pm, Tues, 6.45-7.45pm, Thurs, 4.45-5.45pm. Beckton

#### Women's Boxing

Monday's 9.15-10.15am, Katherine Rd C.C.

#### **HEALTH AND FITNESS**



#### **Breathe Easy Group** (Over 18s)

For people with lung conditions and their carers. First Thurs of month, 12.30-2.30pm, Beckton C.C

#### Salsa Dancing (18yrs+)

Mon, 3.15-4.45pm, Beckton C.C; Tues, 11.45am-12.45pm, Field C.C; Sat, 6-7.30pm, Stratford; Sat, 2.30-5pm, The Gate; Mon, 4-5pm, East Ham

#### Nordic Walking

Weds, 9.15-10.30am. Meet at Field C.C.

#### Tai Chi Class

Fri, 10.30-11.30am, Beckton C.C. Weds, 8.15-9.15am, (book in advance, library members only), The Gate.

Fri, 5-6pm, Beckton Globe

#### Yoga

£5. Thurs. 6.30-7.30am. Grassroots; Free. Mon, 6-7.30pm, Beckton; £1. Weds, 6-7.30pm, East Ham; Sat, 10am-12pm, Plaistow; Thurs, 6.15-7.45pm, The Gate; Thurs, 6-7.30pm, Stratford; Tues, 1.30-2.30pm, £1, Mon, Tues, 6-7.30pm Green St; Weds, 12.30am-1.30pm, Katherine Rd C.C. First call £5, then £8, Mon 7.15-8.45pm, Maryland Studioz, Leytonstone High Road, E15

#### Tone-Tastic (18+yrs)

Mon, 2-3pm, Field C.C.

#### Stroke Club (18+)



For men and women living with the effects of stroke. Weds, 2-5pm, Katherine Rd C.C.

#### **Hula Hooping**

Fun sessions. No experience needed, Weds, 6-7pm, Stratford

#### Pilates Classes (18+)

Mon, 9.30-10.30am, Jack Cornwell C.C; Thurs, 6-7pm, Manor Park; Tues, 6.30-7pm, Beckton Globe

#### Tai Chi in the Park (18+)



Forest Lane Park, E7. Meet at comer of Forest Lane and Magpie Close. Monday, 11am-12pm

#### Plaistow Social Walk



Fun social walk to improve your fitness and make new friends. For all ages and abilities. Meet at Plaistow Library to start off on the walks. Tues and Sat, 10-11am

#### Modern Arnis

Filipino martial art with sticks. Tues, 4-5pm (children), Thurs, 5-6pm (women), Sat, 11am-12pm (children), Jack Cornwell C.C.

#### Walking Yoga

Open to all. Thurs, 2-3pm. Meet Stratford Library and walk to Stratford Park for yoga

#### Zumba

Let the music free your body. Registration essential. Bring water and a towel, for all ages and abilities.

Tues, 10.30-11.30am, Field C.C (free); Mon 9.30-10.30am (£3) Fri 9.30-10.30am (£2) Over 50s free, Jack Cornwell C.C: Fri 12.30-1.30pm Over 50s free, The Hub: Fri 6-7pm (free) Canning Town; Weds, 6.30-7.30pm (free) Manor Park; Tues 5-6pm (free) Stratford

#### **50+ ACTIVITIES**



Quadrille Dancing

Try this classic dance style. Mon, 1.30-2.30pm, East Ham

#### Bingo 😭



Mon, 11.30am-1.30pm, Beckton C.C; Mon, 12-4pm, Jeyes C.C.

#### **ICCAN**

Faith based group with cultural activities. Fri, 12-2pm, Jeyes C.C.

#### Active Centre Group



Weds, 12-4pm, Field C.C; Mon, Weds, Fri, 1.30-4pm, Beckton C.C.

#### Dominoes Group



Fri, 6-10pm, Field C.C, Weds, 1.30-4.30pm, Plaistow

#### Forever Young



Enjoy community activities and make new friends. Weds, 11am-1pm, Beckton; Weds, 10.30am-12.30pm, Field C.C.

#### Happy Living Club



Indoor/outdoor activities. Tues, Weds, 1-5pm, Jeyes C.C.

#### Holiday Spanish Club Weds, 12.30-1.30pm,

#### Manor Park Walking Football

Email: dgheerawo@ westhamunited.co.uk or call 07803 201299. Tues, 10-11am, Priory Park, E13

## Get Active, Get Healthy,

and Exercises for Fitness Thurs, 11am-12pm, Jack Comwell C.C.

#### Get Active, Get Healthy - Walk to the Park Mon, 10.30-11.30am, Manor Park

#### Chair Based Exercise For all fitness levels.

Fri, 10.30-11.30am, East Ham, Tues, 12.30-1.30pm, Manor Park; Mon, 12.30-1.30pm, Green St

#### Fitness 😭



Fitness circuit, mixed, 9.15-10am, Thurs; Fitness circuit, mixed, 10-10.45am, Thurs; Zumba, 1-2pm, Tues, ladies only; Exercise for ladies, 9.30-10.30am, Fri; Exercise for ladies, 10.30-11.30am, Fri, yoga for ladies, 1-2pm, Fri. Katherine Rd C.C.

Games and Friendship Club Chat and make friends over games and a cuppa. Thurs, 11am-1pm, East Ham

#### Carers Exercise Class Thurs, 11am-12pm, Manor Park

#### Zumba

Women only session. Tues, 1-2pm, Katherine Rd C.C.

#### Singing for Health

Variety of music styles. Tues, 2-3.30pm, Jack Cornwell C.C.

#### **Bollywood Moves**

Women only Mon, 10.30-11.30am, Thurs, 11-12pm, Katherine Rd C.C.

#### **Drop in Embroidery Class** No previous experience necessary, materials supplied. Mon, 11am-1pm, East Ham

#### **Ballroom Dancing**

Join Stratford Latin and ballroom dance classes. Learn new moves, get fit and make new friends. Over 50s. free session. Mon, 12-12.45 for beginners, 1-1.45pm for advanced, Carpenters and Docklands Centre

#### Get Active, Get Healthy,

- Line Dancing for Fitness Age: 50+ Come along and learn the choreographed dance of line dancing. Thurs, 10.30-11.30am, Bryant Street C.C

#### GREEN



#### Green Gym

Weds, 10am-1pm, and last Sat of month, meet at Visitor Centre in East Ham Nature Reserve, Norman Rd, E6. Call 07845 973156

#### **Green Volunteering**

Tues and Thurs, 10am-2pm Silvertown, Wy, E16 (opp. Hallsville Rd)

#### Garden Club

Tues, 1-3pm, Thurs, 4-7pm, Sat, 11am-4pm, Abbey Gdns, Bakers Row, E15

#### **Gardening Thymes Gardening Club**

Fri, 11am-1pm, Bowling Green, Central Park, High St South, E6

#### Caravanserai Garden **Volunteering**

Thurs and Sat, 11am-3pm, Silvertown Wy, E16. For information call 07773 863384

#### **Greenway Orchard** Volunteering

Join the Green Gym and get dug in with some gardening. Greenway at the access point on Boundary Rd, E13 Thurs, 11am-2pm

#### **Community Food Growing Project**

Come and grow together in our new community growing space. Weds, 12-2pm, East Ham

#### Foraging Walks

Cultivate an appreciation of nature. All ages. Thurs, 6-8pm, North Woolwich

#### **FEMALE SPORTS**

#### **Basketball Sessions**

Tues, 4-5pm, Chobham Academy, 40 Cheering Ln, E20

#### Female Boxfit (14vrs+)

Mon, 4.15-5.15pm, Balaam Leisure Centre, E13, Call 07970 783 526

Girls Group Cycling

#### (11-15 yrs)

Tues and Thurs, 5-5.30pm, Newham Leisure Centre, E13

Modern Arnis Martial Arts (16yrs+) Tues, 5-6pm. Call 07473 030 250, Jack Comwell C.C.

#### Female Only Gym Sessions

Mon, 3-4pm, 16-25yrs. Mon and Weds, 7.30-10.30pm. Tues and Thurs, 12-1.30pm. Sun, 3-5pm, 11-15yrs, Newham Leisure Centre, E13. £4.65

#### **Get Back into Netball**

Tues, 6-7.30pm, juniors; 7.30-9pm, seniors. £5. Lister Community School, E13. Email: opanetballclub@hotmail.com

#### Abs Blast (11-15yrs)

Thurs, 5.30-6.30pm, £3.10, Newham Leisure Centre, E13

#### Dare2Dance (12-16yrs)

Street dance, Fri, 3.30-5.30pm, Newham Leisure Centre, E13

## SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

#### Ability Club (14-25yrs)

Multi sports for disabled young people. Weds, 5.30-6.30pm and Fri, 4.45-6pm, NewVIc, E13

### Swim for Families Dealing with Autism

Weds, 4-5pm, Balaam Leisure Centre, E13. Call 0300 124 0123

#### Family Swims 🛟

Sat, 4.30-5.30pm, Newham Otters Swimming Club, Newham Leisure Centre, E13. Call 0300 124 0123. Sun, 12.30-2pm, Family Swim, Balaam Leisure Centre, E13. £5. Call 0300 124 0123

#### Get Fit for Free

Tues, 1.30-3.30pm and Fri, 10am-12pm. Gym for people with learning disabilities. Newham Leisure Centre, E13. To book induction call 0300 124 0123

#### RUNNING AND ATHLETICS



#### **Beckton Park Run**

Sat, 9am, Beckton Park South, E16. Call 07718 394756 www.parkrun.org/beckton

#### East End Road Runners

Tues and Thurs, 7pm. Sun, 9am. Meet on the track. Coached sessions for all abilities. Newham Leisure Centre, E13. Call 07979 261647

#### Run Together

£2 unless stated. Sun, 10am-12pm, Newham Leisure Centre, E13 (meet on track). Mon, 4-5.30pm, Newham Leisure Centre, E13 (meet on track). Mon, 5.45-6.45pm, Newham Dockside, E16 (meet at reception). Weds. 12-1pm, Newham Dockside, E16 (meet at reception). Thurs, 5.15-6.15pm, UEL Docklands Campus, E16 (meet at reception). Sat, 10.30am-12pm, Wanstead Flats (meet at corner of Capel Rd and Centre Rd). Sat, 10-11.30am, Memorial Park, E15, £4 (meet at car park). Call 07718 394874

#### **Running and Athletics**

Newham & Essex Beagles Athletics Club. Visit www.newhamandessex beagles.co.uk for more details

#### **SPORTS**



#### Black Arrows Badminton Club

Adults: Fri, 7-9pm, Juniors: Sat, 10am-12pm, £3.70, East Ham LC. Adults: Weds, 7-10pm, UEL SportsDock. Call 07932 037173

#### Adult Tennis (16+)

Sat, 9-10am, 10-11am, 11am-12noon, Central Park (tennis courts), High St South, East Ham, E6 6ET. Sun, 9-10am, 10-11am, 11am-12pm, Stratford Park (tennis courts), West Ham Ln, Stratford, E15 4PT Contact: michelle.daniel@activenewham. org.uk 07741 293513

#### Table Tennis (14yrs)

Thurs, 4.40-6pm, Newham College, East Ham Campus, E6 6ER. Email: sports@ newham.ac.uk

#### **FOOTBALL**



#### Mayor's Football League

U10yrs, U12yrs, Mon, 4.30-6pm, U16yrs, U18yrs, 6-7pm, Newham Leisure Centre, E13

#### Premier League (16yrs+)

6-a-side (4 subs) Weds, 7-10pm, Newham Leisure Centre, E13

#### WHU Kicks

Mon, Tues, Fri, 4-7pm, WHUCST, Beckton 3G, 60A Albatross Cl, E6. Thurs, 6.30-7.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12. Thurs, 6.30-7.30pm, Stratford Park MUGA, West Ham Ln, E15. Sat, 10.30am-12pm, Newham Leisure Centre, E13

#### **BASKETBALL**



#### Basketball & Multi Sports

Fri, 5-6.30pm, 8-19yrs, Snowshill MUGA, Snowshill Rd, E12

#### **Basketball Sessions**

Thurs, 5.30-6.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12

#### Senior Programme

Mon, 7.30-9.30pm, Division 2 women and division 3/4 men. Rokeby School, E16. Call 07947 401616

#### **COMMITTEE MEETINGS**

Tues, 24 Oct, 7pm, Overview and Scrutiny Committee. Weds, 1 Nov, 7pm, Health and Wellbeing Board

#### **CONTACT THE MAYOR**

Here to Help sessions.

Please register 30 minutes
before each session starts.
Sat, 28, Oct, 10am, East
Ham Library, Thurs,
2 Nov, 11am, Old Town
Hall, Stratford

Telephone surgery, Weds 25 Oct. Please call 020 8430 2000 between 10am and 11am and leave your contact details.

#### **CONTACT DETAILS**

#### **LIBRARIES & COMMUNITY NEIGHBOURHOODS**

Beckton Globe 1 Kingsford Wy, E6
Canning Town Barking Rd, E16
Custom House Prince Regent Ln, E16
East Ham 328 Barking Rd, E6
Green Street 337-341 Green St, E13
The Gate 2-6 Woodgrange Rd, E7
Manor Park 685-691 Romford Rd, E12
North Woolwich 5 Pier Parade, E16
Plaistow North St, E13
Stratford 3 The Grove, E15
Archives and Local Studies
020 3373 6881
Community Outreach 020 337 30813
Church of God 37 Manor Park Road.

#### **LEISURE & SPORTS VENUES**

E12, 020 8911 9494

Atherton Leisure Centre
189 Romford Rd, E15
Balaam Leisure Centre
14 Balaam St, E13
East Ham Leisure Centre
324 Barking Rd, E6
Newham Leisure Centre
281 Prince Regent Ln, E13
NewVIc Prince Regent Ln, E13
UEL SportsDock Docklands Campus,
University Wy, E16

#### **COMMUNITY CENTRES (C.C)**

Beckton Community Centre 14 East Ham Manor Wy, E6, 020 7511 1214

**East Ham Market Hall** Myrtle Rd, E6 1HY, 020 8471 0292

Field Community Centre 147 Station Rd, E7 020 8536 2800 Grassroots Centre Memorial Park, Memorial Ave, E15, 020 3373 0650 The Hub 123 Star Ln, E16

020 3373 0750

Jack Cornwell Community Centre
Jack Cornwell St, E12 020 8553 3459

Jeyes Community Centre
1 James Cl, E13, 020 3373 2205

Katherine Rd Community Centre
254 Katherine Rd, E7, 020 8548 9825

St Mark's Community Centre 218

Tollgate Rd, E6, 020 7474 1687

Vicarage Ln Community Centre Govier Cl, E15, 020 8519 0235 Harold Rd Centre 170 Harold Road, E13 0SE, 020 8472 2805

**Queens Market** Green St,E13 **Rabbits Rd Institute** 

835 Romford Rd, London E12 5JY Royal Docks Learning Activity Centre Albert Rd, North Woolwich,

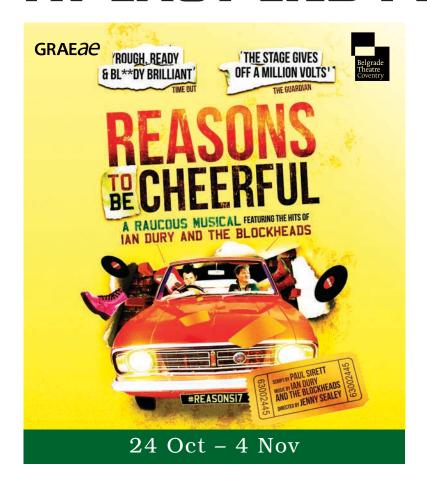
St John's Green Community Garden Albert Rd, North Woolwich E16 2JB St John's Church

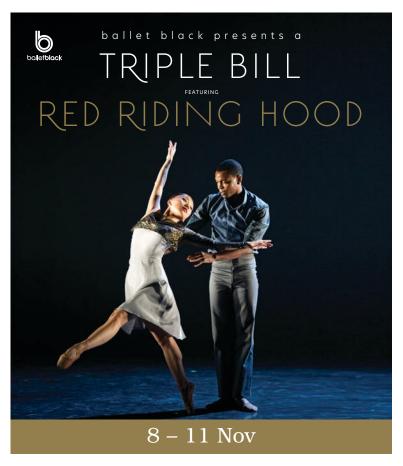
Broadway, Stratford, E15 1NG **St Bartholomew's Church & Centre,** 292b Barking Road, E6 3BA **London Road**, 1 London Road, E13 0AT

**The Community Resource Centre,** 200 Chargeable Lane, E13 8DW 020 3373 2697

**St. Paul's Church Centre**, 227 Burges Rd, E6 2EU

## WEST END QUALITY AT EAST END PRICES!





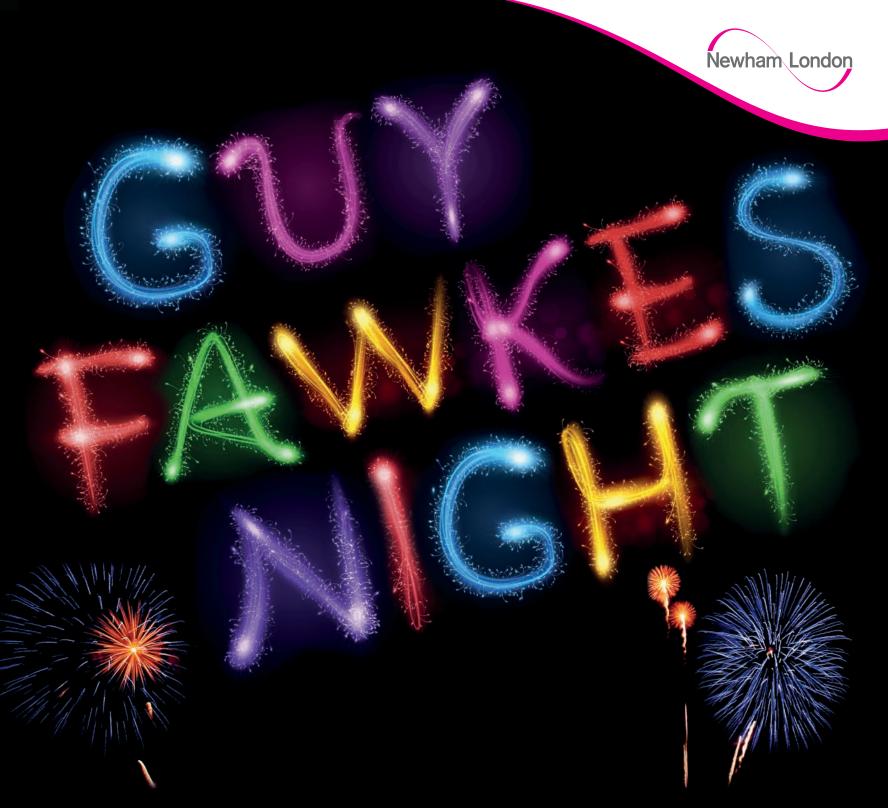


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# Sunday 5 November 2017

FREE fireworks display

Wanstead Flats, Centre Road, Forest Gate E7
<a href="mailto:Gates">Gates</a> open: 5.30pm Display: 6.30pm

www.newham.gov.uk/fireworks #NewhamLondon





Mayor of Newharn